

# NEED TO TALK?

**1737**

**free call or text any time**



Are you feeling anxious, down, a bit overwhelmed – or just need someone to talk to? Worried about friend who is having a rough time?

**Whatever it is, we're here.**


**Call or text 1737  
(0800 1737 1737)**

to talk with a trained counsellor, 24 hours a day.  
It's free!

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